



Take care of your heart

Warning signs of a heart attack

Catch the signs early

Don't wait to get help if you experience any heart attack warning signs. Some heart attacks are sudden and intense, but others start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

Symptoms vary between men and women

As with men, women's most common heart attack symptom is chest pain (angina) or discomfort. But women may experience other symptoms that are typically less associated with heart attack, such as shortness of breath, nausea/vomiting, and back or jaw pain.

Know your risk factors

Traditional risk factors for heart attack include:

- Smoking
- High blood pressure
- High cholesterol
- Diabetes
- Overweight or obesity

A heart attack can occur at any age. You're never too young to start living healthier. If you're over 40, or if you have multiple risk factors, work closely with your health care team to address your risk of developing cardiovascular disease. A team-based approach is the best way to prevent heart disease and stroke. You and your health care team can build a prevention plan that works for you.

Source: <https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack>



Superfood of the Month: Sweet Potatoes

What is it?

The sweet potato is a dicotyledonous plant that belongs to the bindweed or morning glory family, Convolvulaceae. Its large, starchy, sweet-tasting tuberous roots are used as a root vegetable. The young shoots and leaves are sometimes eaten as greens. These root vegetables are native to Polynesia and Central and South America. The first Europeans to taste sweet potatoes were members of Christopher Columbus's expedition in 1492.

What do I do with it?

The healthiest way to prepare sweet potatoes is to steam or boil them but you can bake or roast them too. They are a tasty addition to salads and soups and a delicious side dish to any meal baked and served whole.

Why should I eat it?

Pure sweet potatoes are a good source of beta-carotene but are an even richer source of anthocyanin pigments, which act as antioxidants that can help reduce inflammation and boost your immune system. Sweet potatoes are high in fiber, balance your blood sugar and contain prebiotics which help improve overall gut health. They are also a great source of vitamin C and potassium.

Tips for buying and storing

The best way to store your sweet potatoes is in a cool, dry, and dark area, like your pantry or the back corner on your kitchen countertop. Keep them in a bowl or basket so that they're self contained. Always wash and scrub their skin before you cook them. Once they are cooked, store them in a shallow airtight container or zip lock bag in the fridge for up to five days.



Sweet Potato Wedges with Rosemary-Orange Brown Butter

INGREDIENTS

- 4 small sweet potatoes
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 2 tablespoons butter
- 2 teaspoons fresh rosemary, finely chopped
- 2 teaspoons orange zest

PREPARATION

1. Preheat an oven to 450 degrees F (230 degrees C). Grease a baking sheet and line with oil.
2. Cut sweet potatoes (unpeeled) into 1/2-inch wedges and arrange on the prepared baking sheet in a single layer. Drizzle with oil and season with salt and pepper.
3. Roast, stirring halfway through, until browned and tender, about 30 minutes. Transfer to a large bowl.
4. Meanwhile, heat butter in a small skillet over medium heat until melted and golden brown, about 5 minutes. Stir in rosemary and orange zest. Pour over sweet potato wedges and toss to coat.

<https://www.allrecipes.com/recipe/8509607/sweet-potato-wedges-with-rosemary-orange-brown-butter/>